

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 13971, Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

Report Date: October 16, 2015 09:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	71.99	--	0.537	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Energy	kcal	145	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	608	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein ¹	g	21.22	--	0.311	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Total lipid (fat) ¹	g	6.06	--	0.395	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Ash ¹	g	0.98	--	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Minerals													
Calcium, Ca ¹	mg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Iron, Fe ¹	mg	1.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg 1	mg	22	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Phosphorus, P 1	mg	197	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Potassium, K 1	mg	326	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Sodium, Na 1	mg	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Zinc, Zn 1	mg	3.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Copper, Cu 1	mg	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Manganese, Mn 1	mg	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Selenium, Se 1	µg	24.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Thiamin 1	mg	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Riboflavin 1	mg	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Niacin 1	mg	5.671	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Pantothenic acid 1	mg	0.601	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Vitamin B-6 1	mg	0.586	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Folate, total 1	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Folate, food	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	88.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine	mg	13.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2008
Vitamin B-12 ¹	µg	1.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2008
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2008
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Tocopherol, gamma	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Vitamin K (phylloquinone) ¹	µg	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	2.514	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
4:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
6:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
10:0 ¹	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
12:0 ¹	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
14:0 ¹	g	0.182	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
16:0 ¹	g	1.585	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
18:0 ¹	g	0.724	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Fatty acids, total monounsaturated	g	2.469	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
16:1 undifferentiated ¹	g	0.251	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
18:1 undifferentiated ¹	g	2.212	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
20:1 ¹	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Fatty acids, total polyunsaturated	g	0.234	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated ¹	g	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
18:3 undifferentiated ¹	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
18:4 ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
20:4 undifferentiated ¹	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
22:5 n-3 (DPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
22:6 n-3 (DHA) ¹	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Cholesterol	mg	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Amino Acids													
Tryptophan ^{1,2}	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Threonine ^{1,2}	g	0.848	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Isoleucine ^{1,2}	g	0.965	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Leucine ^{1,2}	g	1.688	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Lysine ^{1,2}	g	1.793	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Methionine ^{1,2}	g	0.553	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Cystine ^{1,2}	g	0.274	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Phenylalanine ^{1,2}	g	0.838	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 1 2	g	0.676	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Valine 1 2	g	1.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Arginine 1 2	g	1.372	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Histidine 1 2	g	0.677	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Alanine 1 2	g	1.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Aspartic acid 1 2	g	1.933	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Glutamic acid 1 2	g	3.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Glycine 1 2	g	1.292	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Proline 1 2	g	1.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Serine 1 2	g	0.836	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline	g	0.223	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2003

Sources of Data

¹National Cattlemen's Beef Association (NCBA) Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef, 2000 Chicago IL

²National Cattlemen's Beef Association (NCBA) Nutrient Content of Ground Beef, 2000